

Nutrient Standards According to Established Grade Groups

Enhanced Meal Pattern

BREAKFAST

Age/Grade Group:	Preschool	Grades K-12	Grades 7-12 (Optional)
Energy Allowance (Calories)	388 calories	554 calories	618 calories
Protein (grams)	5 g	10 g	12 g
Calcium (milligrams)	200 mg	257 mg	300 mg
Iron (milligrams)	2.5 mg	3.0 mg	3.4 mg
Vitamin A (RE)	113 RE	197 RE	225 RE
Vitamin C (milligrams)	11 mg	13 mg	14 mg
Sodium* (milligrams)	600 mg	600 mg	600 mg
Cholesterol* (milligrams)	75 mg	75 mg	75 mg
Fiber* (grams)	3.88 g	5.54 g	6.18 g
Total Fat **	No more than 30% of calories should come from fat.		
Saturated Fat **	Less than 10% of calories should come from saturated fat.		

* Standards for sodium, cholesterol, and fiber are based on recommendations from USDA Children's Nutrition Research Center and the National Research Council.

** The grams of fat and saturated fat will vary depending on the calorie level.

LUNCH

Age/Grade Group:	Preschool	Grades K-6	Grades 7-12	Grades K-3 (Optional)
Energy Allowance (Calories)	517 calories	664 calories	825 calories	633 calories
Protein (grams)	7 g	10 g	16 g	9 g
Calcium (milligrams)	267 mg	286 mg	400 mg	267 mg
Iron (milligrams)	3.3 mg	3.5 mg	4.5 mg	3.3 mg
Vitamin A (RE)	150 RE	224 RE	300 RE	200 RE
Vitamin C (milligrams)	14 mg	15 mg	18 mg	15 mg
Sodium* (milligrams)	800 mg	800 mg	800 mg	800 mg
Cholesterol* (milligrams)	100 mg	100 mg	100 mg	100 mg
Fiber* (grams)	5.17 g	6.64 g	8.25 g	6.33 g
Total Fat **	No more than 30% of calories should come from fat.			
Saturated Fat **	Less than 10% of calories should come from saturated fat.			

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** The grams of fat and saturated fat will vary depending on the calorie level.